



Robert E. Bush
Naval Hospital

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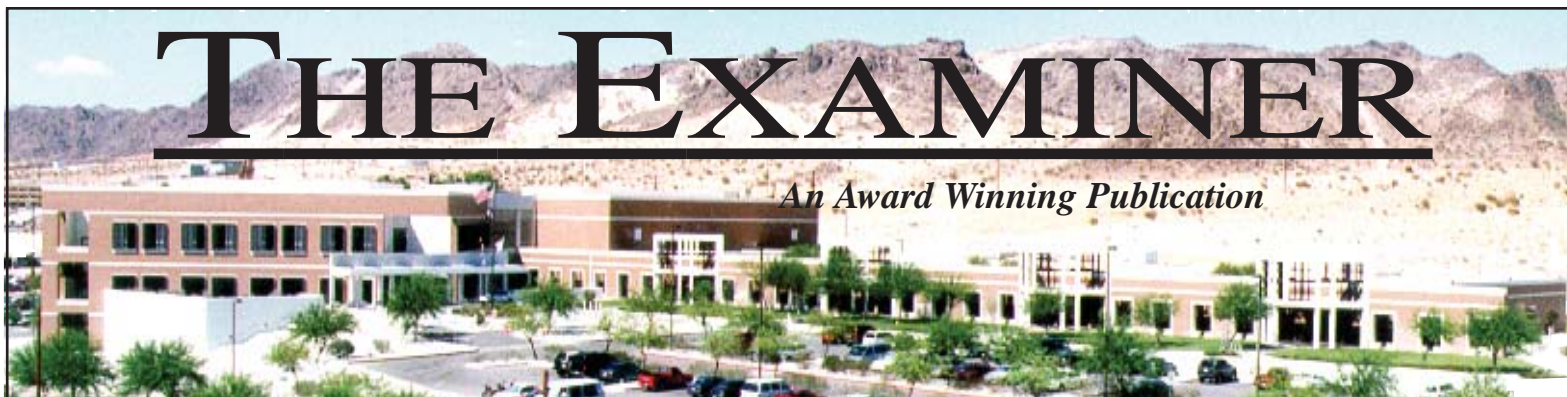
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Occupational Therapy Department Hosts Grip-Strength Challenge and Open House

Story and photos by Lt. j.g. Qianning Zhang

In celebration of Occupational Therapy Awareness Month (April), the NHTP Occupational Therapy (OT) Department hosted an exhibit on the history and significance of Occupational Therapy April 14.

Lt. Cmdr. Philip Sherrick, Head of the NHTP OT Clinic, presented a historical overview of Occupational Therapy in the Navy. The first Navy Occupational Therapy clinic was developed in 1943 in Philadelphia, Pa. The number of operating OT clinics in the Navy expanded to 13, the last of which was opened by Lt. Cmdr. Sherrick at Naval Hospital Twentynine Palms on September 9, 2013. The Navy currently has 35 commissioned officers working as registered occupational therapists. Of the 35 registered occupational therapists, five are certified hand

therapists specializing in upper extremity rehabilitation.

Lt. Cmdr. Sherrick and his assistant, Hospital Corpsman

Third Class Allan Lee, explained the connection between Occupational Therapy and the Navy. Both emphasized the necessity of hand use for Sailors and Marines, noting that

any compromised function as a result of injury or accident may jeopardize their lives, their families' livelihood, and overall military effectiveness. HM3 Lee stated that "keeping Marines in the fight" is one of the key components of upholding medical readiness. Raising awareness of occupational therapy services offered at NHTP enables practitioners to "make valuable contributions to all service members, thereby restoring optimal functional abilities necessary to support worldwide military missions," Lt. Cmdr. Sherrick said.

The Occupational Therapy awareness educational event featured its annual grip strength competition. Participants used a dynamometer to measure grip strength. To maximize the dynamometer's accuracy, HM3 Lee gave each participant a brief overview on proper form. The

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Information Systems Technician Third Class Austin Boone measures his grip strength while Hospital Corpsman Third Class Allan Lee registers the results, with HN Charles Cools and IT3 Sydney Zmich observing.

Robert E. Bush's Son Visits Robert E. Bush Naval Hospital

The Robert E. Bush Naval Hospital had a rare treat March 4 when Robert "Mick" Bush, Robert E. Bush's son, visited the hospital named after his Congressional Medal awarded father to donate three historic photographs and tour the facility with family members. **Pictured (L-R): Lucas Robert Petersen, Kristen Petersen (Mick's daughter), Henry Hollis Petersen, Robert "Mick" Bush, Betty Bush, Barbera Hamal, Bill Musch and MaryNel Musch.** The framed photos show Robert E. Bush after he returned state-side from the Okinawa battlefield. One picture shows him at home, reclining in a plush chair in his dress blues, reading the newspaper. Another photo shows him shaking hands with President Harry Truman. The third photo shows Robert E. Bush wearing cardigan sweater and sitting at a wooden desk in a high

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"Occupational Therapy;" continued from Page 1.

purpose of this competition was "to increase command education, to boost morale, and to raise awareness of Occupational Therapy," HM3 Lee said.

Congratulations to the following male and female winners for this year's grip strength competition: Capt. Jeffrey Bledsoe with a record grip strength of 174 lbs., and Hospital Corpsman Second Class Serrita

Coleman, with a grip strength of 114 lbs. Both shared their thoughts on the significance of Occupational Therapy Awareness Month. "It's a healthy competition to have. It also gives people a baseline for grip strength, which is important because people don't realize how much we use our hands," HM2 Coleman said. Capt. Bledsoe acknowledged "the complexity of hand movement," and suggested: "Strengthen your forearm to improve grip strength."



L-R: Occupational Therapy Department Head, Lt. Cmdr. Philip Sherrick; men's grip strength champion, Capt. Jeffrey Bledsoe (174 lbs.); women's grip strength champion, HM2 Serrita Coleman (114 lbs.), and HM3 Allan Lee.



Officers from the NHTP wardroom hiked the Ryan Mountain trail in Joshua Tree National Park during the evening hours of April 21. The event was a team-building exercise meant to raise morale and introduce new NHTP staff to the natural wonders of the local area. Not pictured: Lt. Michelle Green and her two sons who also hiked the trail.



Photo and story by Lt. j.g. Qianning Zhang

Naval Hospital Twentynine Palms celebrated the 120th birthday of the United States Chief Petty Officer April 1. The event featured a cake-cutting ceremony, a Chief Petty Officer group photo, and speeches on the origin and meanings behind the rank of Chief Petty Officer.

In opening remarks, NHTP Commanding Officer, Capt. John A. Lamberton, emphasized the significance of Chief Petty Officers, stating they are one of the driving factors that sustain the strength of the Navy. Command Master Chief Carol Merricks shared her experiences, describing the challenges and opportunities of being a Chief Petty Officer. Organizers invited Command Master Chief Greg Renick and Command Master Chief Jasen Williams, both assigned to the 3rd Pacific Fleet, San Diego. They presented a class to the NHTP First Class Petty Officers. The class was intended to "reinvigorate and discuss leadership" and to "sustain motivation, ethics, and sailor development," CMDCM Renick said. CMDCM Williams reminded students to seek continual education. "When you make chief, the learning doesn't stop," CMDCM Williams noted.

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Commanding Officer

Capt. John A. Lamberton, MSC, USN

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HMCM (FMF/AW/SW) Carol Merricks, USN

Public Affairs Officer/Editor

Mr. Dave Marks

Command Ombudsman

Mr. J.Wesley Bassard (760) 668-1348 email: nhtpombudsman@yahoo.com

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How to reach us...

Commanding Officer Naval Hospital
 Public Affairs Office
 Box 788250 MAGTFTC
 Twentynine Palms, CA 92278-8250
 Com: (760) 830-2362
 DSN: 230-2362
 E-mail: david.m.marks.civ@mail.mil
 Hi-Desert Publishing Company
 56445 Twentynine Palms Highway
 Yucca Valley, CA 92284
 Com: (760) 365-3315
 FAX: (760) 365-8686



Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,

I am new to Twentynine Palms and I haven't met very many people here. I came from the East Coast and had a lot of friends. My partner works long hours and said I should just get out and start introducing myself to people. That doesn't feel comfortable for me. I have joined a Facebook group that talks about fitness, but haven't met any of them face to face. What other options are available here? It sure feels isolated; but I keep hearing that each duty station is what you make it, so I

want to start this off right and meet people who enjoy getting out and being active like me.

Signed,
Seeking Adventure

Dear Seeking,
Welcome to our beautiful desert paradise! There is always something happening here on the base and in the Morongo Basin. The weather is warming up and there are fitness and sports options galore! You will find the pools are opening; the fitness centers are cooled; and there are spring and summer sports schedules being posted for both on- and off-base activities.

Marine Corps Community Services has gyms, pools, fitness classes and organized activities available to military, family members, retirees and civilian employees aboard the installation.

Joshua Tree National Park also offers hiking and rock climbing opportunities with or without a guide. I do advise that any activity that you choose that may lead you to an isolated area

be done with a partner or group. We have desert wildlife, warm weather and difficult terrain that could be dangerous to navigate alone. Sunscreen and water are essential!

There are several parks that cater to adults and children alike. Luckie Park, located near the off-base military housing area, has stations where you can stop and work multiple muscle groups as a circuit course while you walk, jog or run around the park. There is a pool, fitness equipment, and martial arts and dance classes are held in one of the buildings there as well. It's also the venue for scheduled sports activities.

This is just a taste of what we have to offer to those who are lucky enough to spend some time in the desert. Check with the Chamber of Commerce for more local events too. Maybe members of the Facebook group you mentioned would be interested in joining you for an activity/sport of your choice. Looking forward to seeing you out and about!

--Tanya

Include Behavioral Health in Primary Care for Optimum Health

By NHTP Behavioral Health Department

Naval Hospital Twentynine Palms Family Practice is using Behavioral Health (BH) Services to help beneficiaries be in greater control.

It is DoD policy that behavioral health services be provided in primary care settings to decrease overall health costs and to improve patient access to behavioral health care, increase population health, increase unit and personal readiness, improve physical and mental health outcomes and patient/provider satisfaction.

Behavioral health utilizes evidence-based screening instruments for patients with symptoms of depression, anxiety and PTSD.

Behavioral health is provided and reinforced by all members of the health-care team in moving patients toward their optimum level of health. The team is led by the primary-care provider. The behavioral-health team consists of two staff members: The Internal Behavioral

Health Consultant (IBHC) and the Behavioral Health Care Facilitator (BHCF). Leslie Belt, the IBHC, is a licensed clinical social worker who, as a credentialed provider, can provide short term targeted counseling to help patients develop skills that will extend far beyond the duration of antidepressants and other medications. Ms. Belt's services are highly regarded by clinic staff.

The newest member of the BH dyad is Mary Ann Laubacher, RN, MN, who serves as the BHCF. Ms. Laubacher's role is to educate patients on strategies to maintain the treatment plan and/or sustain adoption of healthy behaviors. Using a telephonic support model of monthly calls, the BHCF reinforces medication compliance as well as sets smart goals, specific to each patient, as they develop healthy behaviors such as routine exercise, positive socialization, better nutrition and other targeted concerns.

For more information, contact your primary care manager.



Awardees...



Hospital Corpsman First Class Chrisbert Barbon is presented the Military Outstanding Volunteer Service Medal “for outstanding public service from June 2000 to Oct. 2015. During that period, HM1 Barbon helped feed 4,546 people in need and helped 750 homeless veterans and their families receive medical services. Additionally he gave countless hours of his off-duty time to represent our military as a command color guard by rendering over 40 civic performances and public ceremonies for four consecutive years.”



Hospitalman Shadrach Mortiz is presented with a Patient Safety Award for March 2016.



Hospital Corpsman Second Class Javonnice Beall is presented the Military Outstanding Volunteer Service Medal for outstanding public service from Mar. 2013 to Jan. 2016.



Information Systems Technician Third Class Sydney Zmich is awarded a Navy and Marine Corps Achievement Medal “for professional achievement in the superior performance of her duties while serving as Information Systems Technician, Information Management Dept., NHTP, from Mar. 2014 to Apr. 2016.”



Chief Culinary Specialist Danilo Buenaflor is awarded the Navy and Marine Corps Commendation Medal “for meritorious service in the superior performance of his duties while serving as Leading Chief Petty Officer, Nutrition Management Department, NHTP, from May 2013 to Apr. 2016. Chief Buenaflor led a team of 24 culinary specialists. He ensured the monthly preparation of 4,000 quality nutritious meals, realizing a cost savings of 28 percent. Chief Buenaflor positively influenced professional development, morale and welfare of staff with a culinary specialist advancement rate nearly three times the Navy average.”



Hospitalman Jose Lopez is presented with a Patient Safety Award for March 2016.



Hospital Corpsman Third Class Alfredo Carrillo is awarded the Navy and Marine Corps Achievement Medal “for professional achievement in the superior performance of his duties while serving as Dept. Training Petty Officer, Maternal Infant Nursing Dept., NHTP, from Mar. 2014 to Mar. 2016.



Lt. Cmdr. Bettina Solwazi is presented with a Patient Safety Award for March 2016.



Hospital Corpsman Third Class Emerson Chien is awarded the Navy and Marine Corps Achievement Medal “for professional achievement in the superior performance of his duties while serving as clinic business manager, Directorate of Branch Clinics, NHTP, from Mar. 2014 to Apr. 2016.”

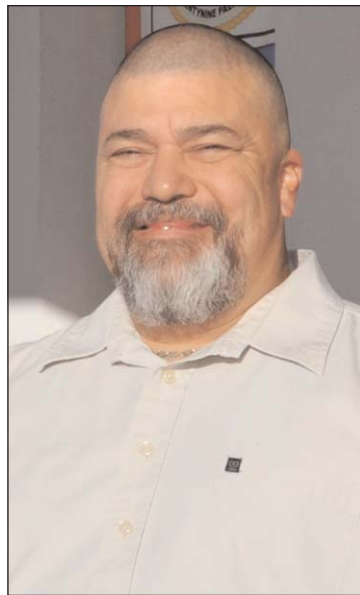


Lt. Jessica Diaz-Fuentes is awarded the Navy and Marine Corps Achievement Medal “for professional achievement in the superior performance of her duties while serving as Staff Nurse, Emergency Medicine Dept., NHTP, from Apr. 2013 to Apr. 2016.”



Hospitalman Gregory Yhap is awarded two Navy and Marine Corps Achievement Medals. The first, “for professional achievement in the superior performance of his duties while serving as general duty corpsman, NHTP, from Dec. 2014 to Dec. 2014. Hospitalman Yhap displayed exceptional professionalism as a first responder to an injured and unresponsive motorist [just outside the MCAGCC front gate]. He rapidly rendered cervical spine stabilization while directing bystanders to control blood loss by applying direct pressure to an open wound. His quick thinking and exemplary skills allowed him to act during an emergency situation which saved a life before emergency medical services arrived.”

The second award is “for professional achievement in the superior performance of his duties while serving as General Duty Hospital Corpsman, Adult Medical Care Clinic, NHTP, from May 2014 to Apr. 2016.”



Mr. Danny Morrissey is awarded a Federal Length of Service Award in grateful recognition and appreciation of his 10 years of faithful service to the federal government.



Lt. Phyllis Dykes is awarded the Navy and Marine Corps Commendation Medal “for meritorious service in the superior performance of her duties while serving as Clinical Nurse Specialist, Behavioral Health Department, NHTP, from Aug. 2013 to Apr. 2016.



Ms. Sue Eikenbary is presented with a Patient Safety Award for March 2016.



Hospital Corpsman Second Class Regina Davis is presented with a Patient Safety Award for March 2016.



HM3 Gabriel Donahue is presented with a Patient Safety Award for March 2016.

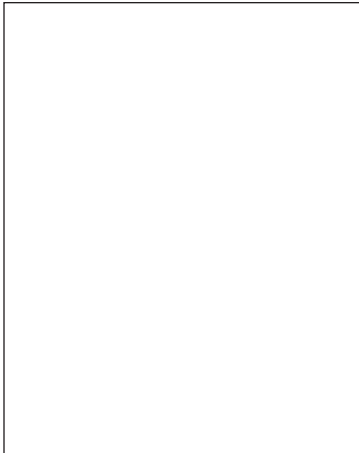


HM3 Logan McClincy (right) reenlisted for two more years Apr. 22. McClincy, assigned to Patient Administration, is from Apache Junction, Ariz. He's been in the Navy for five years and at NHTP for six months. Reenlisting Officer is Lt. Tony Henry.



HM2 Ashleigh O'Connell (right) reenlisted Apr. 22 for five more years. She's been in the Navy seven years, the last 18 months at NHTP where she is Lead Petty Officer in the Multi-Service Ward. HM2 O'Connell gave a 72-hour liberty to her favorite corpsman, HM3 Jaimey Monroe.

Introducing New Staff -- Welcome Aboard!



HM2 Jeremy Tessier

HM2 Jeremy Tessier arrived from BioMed “C” School at Fort Sam Houston. He’s been in the Navy eight years. Previous to being in school for 14 months, Tessier was assigned to a U.S. Marine logistics company in Beaufort, S.C. When asked about his impressions of the high desert, HM2 Tessier replied, “Oh, I was here as a kid. My dad was a Navy dental technician assigned on base.” He said he remembers terrorizing the mail lady. “She used to hate lizards; so we would pack the mailbox with as many lizards as we could find.” He said his father thinks he’s trying to fill his shoes because every command to which he’s been assigned, his father had been assigned there before him. He’s earned an Associate’s degree in Nutritional Science and is working on his Bachelor’s degree in Healthcare Administration. Tessier’s fiancée lives in San Diego. He’s looking for a place to live that can accommodate his Akita dog. Hobbies include “anything technical.”



LSC Curtis Cross

Chief Logistics Specialist Curtis Cross arrived from Carrier Strike Group Group 1, homeported in San Diego, Calif. Chief Cross was Logistics Chief aboard the USS Carl Vinson (CVN 70) supervising 28 personnel. He’s been in the Navy for almost 19 years. Hometown is Nashville, Tenn. He views deployments as his favorite aspect of his military career and enjoys everything from the work-ups (“They keep you busy.”) to world-wide port visits. When he received orders for Naval Hospital Twentynine Palms, he figured, “it would be an nice change of pace.” His wife and son live in Murrieta, Calif. Chief Cross earned his Associate’s degree in general studies from Central Texas University. Hobbies include movies and basketball. He said plans for the future include retirement, seeking a position as a government contractor, and finishing his Bachelor’s degree in behavioral science from the University of Phoenix.



Ms. Ieisha Harris

Ms. Ieisha Harris is NHTP’s new financial technician. She’s a GS employee but previously worked as a security contractor manning the MCAGCC front gate. Previous to that she was a U.S. Marine for 12 years and worked as an instructor at the Marine Corps Communication-Electronics School. Hometown is Brooklyn, N.Y. She’s lived in the high desert, off and on, since 2002. “I love Twentynine Palms,” she said. “It’s slower paced than New York.” Her husband, Justin, works for the National Park Service in Joshua Tree. They live in Twentynine Palms with their two children, Justin, 10, and Jade’e, 6, both of whom were born on the NHTP Maternal Infant and Nursing Ward. “It was a great experience,” Harris said. “I rave about it. Labor and Delivery is awesome here.” For hobbies, Harris said she loves going to church, taking her children to sporting events, and spending time with them. Harris is currently going to school to fulfill her goal of becoming a high-school teacher.



Mr. Keith Johnson

Mr. Keith Johnson is NHTP’s new Emergency Manager. He arrived from Marine Corps Air Station Iwakuni, Japan, where he was Installation Emergency Manager and Fire Prevention Officer. Johnson retired from the U.S. Marine Corps as a Master Sergeant after 26 years of active-duty service. His MOS was 7051, Aircraft Rescue and Firefighting Specialist. He retired from Naval Air Depot, Cherrypoint. Hometown is Manitowoc, Wis. Mr. Johnson is new to the high desert and remarked on the difference in scenery. “I’m used to trees and green,” he said. He’s already found an apartment in Twentynine Palms and will geobachelor during his time here. “I wanted to try something different,” he said about his new job. “I worked for the Marine Corps for 33 years; so I wanted to try a different job, a different branch of service.” Hobbies include geocaching, hunting and fishing “all of those types of things,” he said. His wife and son reside in their home in Japan.



Flight Surgeon's Military Career Began in Twentynine Palms



"I was an E-1 recruit 62 years ago," Capt. Mark Thoman said. In 1954 he trained to be an anti-aircraft weapons carrier on the newly established Marine Corps Training Center, Twentynine Palms, Calif. Proficient with a rifle, he was designated to help train fellow recruits. He is the one standing in the upheld picture.

Capt. Mark Thoman is 80 years old and still actively engaged as a Navy Medicine provider. He is currently Medical Review Officer, Whidbey Island Naval Air Station, Wash. He was at the MCAGCC RV park with his wife, Theresa, and decided to stop by NHTP to fax some official correspondence. This wasn't Thoman's first visit, however. In 1954, shortly after graduating high school in Independence, Mo., Thoman enlisted in the U.S. Marines and performed his basic training at the new Marine Corps Training Center, Twentynine Palms, Calif. Previous to that, he was President Harry Truman's paperboy. "President Truman advised me to study history," he recounted. He is Board Certified in both Pediatrics and Toxicology, and retains his flight surgeon status. He enjoys recounting an incident when he was flight surgeon on the USS Lincoln. "I was with the skipper, and we were watching his buddies take off and land," Thomas said. "This young pilot, lieutenant, comes over and said, 'Sir, I notice your wings, are you a pilot?' I said, 'Yes, I'm a flight instructor, but this is the pin for flight surgeon.' Then he said, 'I notice your ribbons, were you in the Marine Corps?' I said, 'Yes, five years enlisted Marine, most of that in the Reserves.' Then he said, 'Sir, I noticed your nametag; are you related to a pediatrician from Des Moines, Iowa?' I said, 'I am the pediatrician from Des Moines, Iowa.' He said, 'Sir, you were my pediatrician.'

"When I saw him on officer's mess on the lower deck later in the day, as I was going to the Captains table for lunch, I said, 'Lieutenant.' He said, 'Yes, Captain.' And all of his buddies were around him. 'I said, How's that diaper rash?' His buddies looked amazed and asked, 'How do you know the Captain?' The lieutenant replied, 'That's my pediatrician!'"

Captain Thoman credits regular exercise for his longevity, good health and professional engagement. "I can still do 100 push-ups and situps," he noted.

"Bush," from Page 1.

school classroom. Robert E. Bush enlisted in the Navy when he was 17-years-old and earned his high-school diploma after he returned from military service.

Mick Bush currently lives in the Seattle area. He was vacationing in Palm Springs and took the opportunity to show the

medical treatment facility named after his father to his daughter, Kristen Petersen, his grandsons, Lucas and Henry, and was accompanied by his wife, Betty, and his sisters-in-law, Barbera Hamal and MaryNel Musch as well as MaryNel's husband, Bill. Mick Bush also took the opportunity to add to the already extensive memorabilia he's donated to the

hospital and took time to sign the back of one of the photographs he had previously donated that currently hangs from the Quarterdeck bulkhead. Mick Bush was the official photographer and president of the Congressional Medal of Honor Society.



L-R: Senior Hospital Corpsman Edward Telles, Robert "Mick" Bush, Henry Hollis Petersen, Lucas Robert Petersen and Acting Commanding Officer Jeffrey Bitterman with the three photographs Mick Bush donated to the hospital named after his father.

Safety Stand Down Reminds Staff to Arrive Alive



Naval Hospital Twentynine Palms organized a Safety Stand Down April 22 to remind staff about the dangers of impaired driving, whether from alcohol, prescription medication or controlled substances. Top left: Senior Chief Hospital Corpsman Edward Telles tries to accurately hit a target while wearing goggles that mimic vision impairment. Top right: Capt. Jeffrey Bledsoe tries to navigate the tricycle course with his vision impaired. According to the U.S. Department of Transportation, every two hours three people are killed in alcohol-related highway crashes (2010 figures). In 2010, there were 13,365 deaths from alcohol-related highway crashes. Additionally, alcohol-related highway crashes cost Americans \$37 billion annually. As NHTP Commanding Officer Capt. John A. Lamberton said in his pre-Presidents' Day safety message, "Keep safety in mind and take the necessary precautions against possible hazards like adverse weather conditions, fatigue, speeding, vehicle failure and impaired or distracted driving. Creating an individual safety plan allows all of your Shipmates to enjoy your respective holiday stories that end in a fun time, without tragedy."

QUIT FOR

your family
your health
your kids
your budget

your strength
your friends
your unit
your country

**Tobacco Free
in the
DoD**

**First Warning Sign
of Cancer.**

Spit Tobacco: Not a Safe Alternative.

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